## 12.09 The Joy and Pain of the Holidays: Healthy Habits to Survive and Thrive

**Verizon Skill Forward Interest Form:** <https://airtable.com/appKBfuRQHYFF9ppv/pagraM0uA9cWyrkXK/form>

**Karianne Gwinn email:** [skillforward@allianceforhope.com](mailto:skillforward@allianceforhope.com)

**Learn more and buy *Peace from Anxiety: Get Grounded, Build Resilience & Stay Connected Amidst the Chaos* and *Practicing Liberation by* Hala Khouri*:*** <https://halakhouri.com/books/>